

Highlands PE Week 8




Day 1: K-2 Nutrition

Name: _____

WHICH food groups?

Directions: Look at each food item. Write all the food groups the food item belongs to.

Fruits	Vegetables	Grains	Protein	Dairy
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Food Item	Food Groups
 turkey sandwich	
 peanut butter and jelly sandwich	
 hamburger	

Day 1: 3rd-5th Nutrition

Name: _____

What's on your Menu?

Directions: You are making your lunch menu for a week. Make a healthy meal for each day. Remember to make sure each meal is an item from each of the five food groups. You may use one of your food groups for a drink.

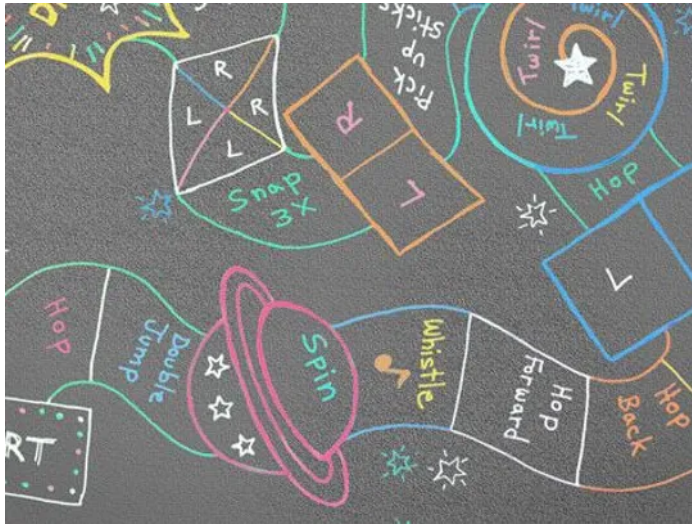


Monday	Tuesday	Wednesday	Thursday	Friday
Fruits	Fruits	Fruits	Fruits	Fruits
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Protein	Protein	Protein	Protein	Protein
Grains	Grains	Grains	Grains	Grains
Dairy	Dairy	Dairy	Dairy	Dairy




Day 2:

Today is all about working on your balance and coordination! Buy some chalk and create your own creative obstacle course! Make it as long or as challenging as you want!

(Challenge: Make two and race with someone in your home!)



Day 3:

Start Here Collect 10 points when you pass start		10 Jumping Jacks 	10s Leg Stretch (Both Legs) 	20 Shoulder Taps 	30 sec. High Knee Jog in place 	20 sec. Down Dog 	25 Split Jacks 	Skip ahead 10 spaces!
10 sec. V-Hold 	5 points	8 points	4 points	6 points	8 points	4 points	8 points	4 points  20 sec. toe touch
20 mountain climbers 	6 points	<div><h3><u>K-2 Family Heart Healthy Monopoly</u></h3><p>HOW TO PLAY</p><ol style="list-style-type: none">Find a little trinket in your home that you can use as a game marker. Also grab one die or two dice if you have some.Find a blank piece of paper to keep track of each player's score. The game ends when someone gets to 80 points.Decide who the first person will be to roll the dice and move that many spaces clockwiseWhen a player lands on a box, he/she will either perform the activity by themselves or all players will do it together<ul style="list-style-type: none">RED = Group ActivityALL OTHER COLORS = Individual activityAfter completing the activity, points are then added to the player's score.If you land on a corner box, just follow the instructions.Continue taking turns and have fun!</div>						8 points  20 Ski Jumps
Name 3 fruits (make sure they are ones that haven't been used yet)	2 points							5 points  10 sec. hold
30 sec. Glute kickers 	8 points							6 points  20s Plank
20 sec. Butterfly 	4 points							2 points Name 3 Vegetables — No repeats
Go back 4 spaces!		2 points	8 points	6 points	5 points	8 points	4 points	2 points
Name 2 foods that in the group — no repeats 		30 sec. High Knee Jogs 	12 Squats 	10 sec. plank 	20 Jumping Jacks 	20 sec. Shoulder stretch (Both) 	Sorry, you lose a turn.	

Day 3:

Start Here Collect 20 points when you pass start		10 Jumping Jacks 	10s Leg Stretch (Both Legs) 	20 Shoulder Taps 	30 sec. High Knee Jog in place 	20 sec. Down Dog 	25 Split Jacks 	Skip ahead 10 spaces!
10 sec. V-Hold 	5 points	10 points	8 points	15 points	10 points	8 points	10 points	8 points  20 sec. toe touch
20 mountain climbers 	15 points	<div>3-5 Family Heart Healthy Monopoly  HOW TO PLAY 1. Find a little trinket in your home that you can use as a game marker. Also grab one die or two dice if you have some. 2. Find a blank piece of paper to keep track of each player's score. The game ends when someone gets to 300 points. 3. Decide who the first person will be to roll the dice and move that many spaces clockwise</div> <div>4. When a player lands on a box, he/she will either perform the activity by themselves or all players will do it together<ul style="list-style-type: none">• RED = Group Activity• ALL OTHER COLORS = Individual activityAfter completing the activity, points are then added to the player's score. 5. If you land on a corner box, just follow the instructions. 6. Continue taking turns and have fun!</div>						10 points  20 Ski Jumps
Name 3 fruits (make sure they are ones that haven't been used yet)	2 points							5 points  10 sec. hold
30 sec. Glute kickers 	10 points							15 points  20s Plank
20 sec. Butterfly 	8 points	2 points	10 points	15 points	5 points	10 points	8 points	2 points Name 3 Vegetables – No repeats
Go back 4 spaces!	2 points	Name 2 foods that in the GRAIN food group – no repeats	30 sec. High Knee Jogs 	12 Squats 	10 sec. plank 	20 Jumping Jacks 	20 sec. Shoulder stretch (Both) 	Sorry, you lose a turn.

Day 4:

Muscular Endurance Workout

Have you ever had a pillow fight? It's a workout to just keep tossing pillows over and over and it seems like the game never ends. After a few minutes I'm tired and sweating! Let's try another way to get a workout by using a pillow to work on the muscular endurance fitness component.

Muscular endurance is the ability of a muscle or muscles to repeat a movement many times or hold a position without stopping to rest.

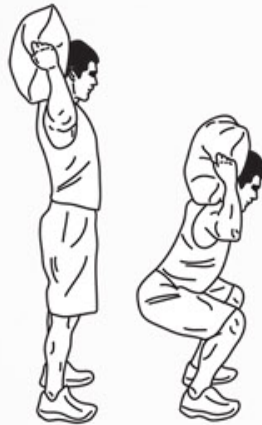
Improving your muscular endurance allows you to increase your physical activity. When you increase your muscular endurance, you can do more physical work because you can move faster and longer.

Below are 5 exercises that can help increase your muscular endurance, try to get a family member to do them with you or play your favorite song and try to keep up with the beat,

PILLOW WORKOUT



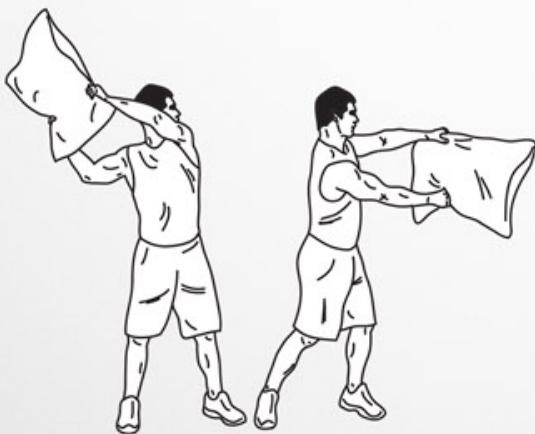
20 pillow presses



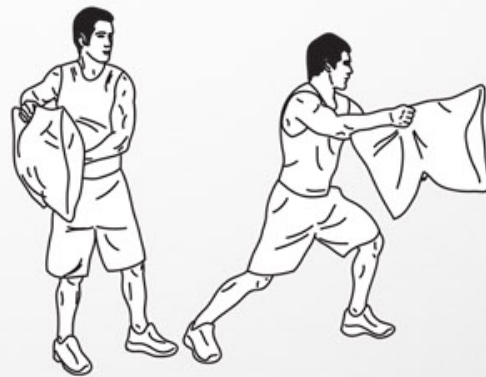
10 pillow squats



10 pillow high knees



20 pillow strikes



20 pillow lunges